

National Diabetes Education Program

# BEEF STEW

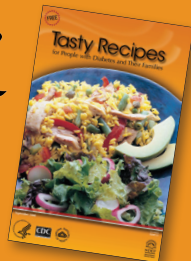


***It's more than food. It's Life.  
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (Ricas recetas para personas con diabetes y sus familiares), has recipes specifically designed for the Latin American palate.



**NDEP**  
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# BEEF STEW

This dish goes nicely with a green leaf lettuce and cucumber salad and a dinner roll. Plantains or corn can be used in place of the potatoes. Total servings: 4.

## Ingredients:

- 1 pound lean beef or turkey breast, cut into cubes
- 2 Tbsp. whole wheat flour
- ¼ tsp. salt (optional)
- ¼ tsp. pepper
- ¼ tsp. cumin
- 1½ Tbsp. olive oil
- 2 cloves garlic, minced
- 2 medium onions, sliced
- 2 stalks celery, sliced
- 1 medium red/green bell pepper, sliced
- 1 medium tomato, finely minced

- 5 cups beef or turkey broth, fat removed
- 5 small potatoes, peeled and cubed
- 12 small carrots, cut into large chunks
- 1¼ cups green peas

## Directions:

- Preheat oven to 375 °F.
- Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in the mixture. Shake off excess flour.
- In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and sauté until nicely brown, about 7–10 minutes.

- Place beef or turkey in an ovenproof casserole dish.
- Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender, about 5 minutes.
- Stir in tomato and broth. Bring to a boil and pour over turkey or beef in casserole dish. Cover dish tightly and bake for 1 hour at 375 °F.
- Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20–25 minutes or until tender.

<div>Exchanges:</div> <div>Meat 3      Vegetables 2 1/3</div> <div>Bread 2 2/3      Fat 1</div> <div>Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.</div>	<div>Nutrition facts: Beef Stew</div> <div>Serving Size..... 1½ cup</div>		<div>Amount per serving</div> <div>Calories.....320    Calories from fat.....60</div>		
	<div>% Daily Value (DV)*</div> <div>Total Fat 7g.....11%</div> <div>Saturated Fat 1.5g.....8%</div> <div>Trans Fat 0g</div> <div>Cholesterol 40mg.....13%</div>		<div>Sodium 520mg.....22%</div> <div>Total Carbohydrate 41g.....14%</div> <div>Dietary Fiber 8g.....32%</div> <div>Sugars 9g</div> <div>Protein 24g</div>		<div>Vitamin A.....340%</div> <div>Vitamin C.....80%</div> <div>Calcium.....6%</div> <div>Iron.....15%</div>
					<div>*Percent Daily Values are based on a 2,000 calorie diet.</div>

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep), or call 1-888-693-NDEP.